6. THE CLAIMS

It is claimed:

1. An armrest assembly for an aircraft comprising:

an insert, the insert including a flange for coupling to an aircraft interior panel, a protruding portion, the protruding portion including a cavity, the cavity having a length greater than 12 inches and having a width greater than 2 inches; and

an armrest, which is attached to the cavity, the armrest including an upper surface for supporting the arm of an aircraft pilot or passenger, the upper surface having a length that is greater than 12 inches and having a width that is greater than 2 inches.

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- 2. The armrest assembly of claim 1, wherein the protruding portion includes a tapered front protruding portion.
- 3. The armrest assembly of claim 1, wherein the length of the cavity is greater than the length of the armrest.
 - 4. The armrest assembly of claim 1, wherein the insert is covered with a first material, the first material having a thickness, wherein the armrest is covered with a second material, the second material having a thickness, and wherein the length of the cavity is greater than the length of the armrest plus two times the thickness of the first material and two times the thickness of the second material.

- 5. The armrest assembly of claim 1, wherein the armrest has a thickness, wherein the depth of the cavity is greater than the thickness of the armrest.
- 6. The armrest assembly of claim 1, wherein the armrest has a thickness, wherein the armrest is covered with a first material, and wherein the depth of the cavity is greater than the thickness of the armrest plus the thickness of the material.
 - 7. The armrest assembly of claim 1, wherein the armrest includes a molded part that has a thickness that is equal to or less than 0.1 inches.

8. The armrest assembly of claim 1, wherein the armrest includes a tapered forward portion.

- 9. The armrest assembly of claim 1, wherein the armrest includes a tapered rearportion.
 - 10. The armrest assembly of claim 1, wherein the armrest includes a tapered forward portion and a tapered rear portion.
- 20 11. The armrest assembly of claim 1, wherein the armrest includes a cutout for receiving a finger grip.
 - 12. The armrest assembly of claim 1, wherein the insert is covered with a covering.

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13. The armrest assembly of claim 1, wherein the insert is covered with a first covering of a first color and the armrest is covered with a second covering of a second color.

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- 14. The armrest assembly of claim 1, wherein the height of the protruding section is greater than or equal to 1 inch.
- 15. The armrest assembly of claim 1, wherein the height of the protruding section isgreater than or equal to 3 inches.
 - 16. The armrest assembly of claim 1, wherein the insert includes a molded part that has a thickness that is equal to or less than 0.1 inches.
- 15 17. The armrest assembly of claim 1, wherein the insert includes a recessed portion.
 - 18. The armrest assembly of claim 1, wherein the insert does not include a recessed portion.
- 20 19. The armrest assembly of claim 1, wherein the armrest assembly is attached to a door panel in an aircraft manufactured by Raytheon Aircraft Company.

20.	The armrest assembly of claim 1, wherein the armrest assembly is attached to a
door panel in an aircraft manufactured by Cessna Aircraft Company.	